

Burris Laboratory School
Athletic Handbook
2016-17



Attention Athletes:

You must complete pages 17, 20, 21 and 22 of this handbook and return to your coach by Friday, August 19, 2016. You may not participate in or attend any practices after Friday, August 19, 2016 until these forms are completed and turned into your coach.

By signing these forms and returning them to the athletic department, you are stating that you have read and understand all of the rules in this handbook.

Please remember that extracurricular activities are a privilege, not a right. Participants will be subject to athletic discipline policies for any on or off-campus violation of the code.

If you are on the roster of an athletic team, you are **required** to be in attendance at all scheduled/rescheduled athletic events. You may not pick and choose which events *fit into your schedule*.

Your participation on the team will be impacted if you miss events without permission from your coach or Athletic Director.

Please take this into consideration before joining a team.

A Message from the Athletic Department:

Welcome to the Owls Program. We are excited that you have chosen to become a part of the Owls sports family. You are privileged to participate in a first class athletic program. Owls athletes have additional responsibilities. You will be held to a **higher** standard, you will be in the public eye, and you should never do anything that will embarrass yourself, your team, your school, or your family.

We take the term “**student athlete**” very seriously at Burris and the Indiana Academy. You are expected to do your best not only in the athletic arena, but the classroom as well. We have a very supportive faculty, and they will be more than willing to assist you if the need arises. It is *your* responsibility to put forth your best effort in the classroom just as you do in the sports programs in which you participate.

The experiences you gain from your athletic involvement will carry over into all aspects of your life. Perseverance, commitment, determination and teamwork are all essential qualities for your success in today’s world.

Continue to work hard and when you lay your head down at the end of the day, make sure you can say you gave your best effort. We hope your 2016-2017 school year is all you hoped for; only you can make that happen!

Sincerely,

Owls Athletic Department

Pioneer Academic Athletic Conference:

Muncie Burris/ Indiana Academy is a member of the Pioneer Academic Athletic Conference for the 2016 – 2017 school year. Other schools in the conference are Anderson Prep, Central Christian Academy, Crispus Attucks, Greenwood Christian, Indianapolis International, Indianapolis Shortridge, Liberty Christian, Seton Catholic and University.

Team Loyalty:

When you become a member of a team, you have a responsibility to your fellow teammates. It takes all members for a team to be successful. If for any reason you are unhappy being a member of the team, you are to discuss your feelings with the coach. If you choose to quit/walk off without notifying your coach, you may be ineligible to participate in future activities. You must have a release from your coach to leave the team and join another organization during the same season. The Athletic Director has final say on eligibility decisions.

Expectations for Student-Athletes

HIGH SCHOOL

In order to be considered eligible to participate in interscholastic athletics, the following Indiana High School Athletic Association rules must be met:

- The student must have earned passing grades in at least five full credit subjects prior to the season, during each grading period, through to the completion of the athletic season.
- A course in which the student previously received a passing grade and which is currently being retaken, or retaken in the prior grading period, does not count toward one of the five credits required.
- In addition, effective with the class of 2018, all athletes must maintain a 2.0 cumulative G.P.A. Students with special needs may petition to the Athletic Director and Principal for an eligibility waiver on a case-by-case basis.
- Grades are finalized on PowerSchool three school days after the end of the grading period. The grade that goes onto the report card IS THE GRADE THAT DETERMINES ELIGIBILITY FOR THE NEXT GRADING PERIOD. THIS GRADE

WILL NOT BE CHANGED AFTER THE THREE-DAY GRACE PERIOD FOR PURPOSES OF ELIGIBILITY. Semester grades supersede quarter grades.

Definition of Failing Grades:

-Indiana Academy: 0, NC, D* are all considered failing grades for all eligibility and/or transfer purposes.

-Muncie Burris: 0, NC, F are all considered failing grades for all eligibility and/or transfer purposes.

Tardies to class:

Upon sixth tardy per semester, students will be ineligible to participate in athletic events, including practices, due to after school detentions.

MIDDLE SCHOOL

To be eligible to participate in any athletic contest, you must have passed all of your classes from the previous quarter. This means that to participate in a fall sport, you must have passed all your classes in the fourth quarter of the past year. The only exception will be if the overall semester grade is passing. In addition, students with a D or F anytime during the season will be placed on Athletic Academic Probation.

-Muncie Burris: 0, NC, F are all considered failing grades for all eligibility and/or transfer purposes.

Athletic Academic Probation- Probation will be for two weeks to allow students with a D or F an opportunity to maintain their academic eligibility.

- Students must initiate process by contacting the teacher, completing Student Athlete Grade Progress Form and submitting it to the Coach.
- Athletes will not attend any practices or games during the probationary period.

- In order to be eligible to participate in a competition or practice, the student must raise grade to a “C” or better.
- Exceptions may be allowed if student is receiving tutoring or remediation.
- Waivers may be granted for students with a documented IEP or 504 plan.
- Probation plans are to be reviewed with parents after two weeks. If satisfactory academic progress is not made after first review, student will be declared academically ineligible for remainder of season.

Tardies: Upon the sixth tardy each semester, students will be ineligible to participate in athletic events including practices due to after school detention.

Expectations for all Owl Athletes

Overall Behavior

Student-athletes are to be on their best behavior at all times including interactions on social media. Discipline referrals that show the student is defiant, disrespectful or unmotivated during the school day may result in the athlete being suspended for a period of time or removed from the team.

Athletic Event Behavior

Ejection- Any student-athlete/ coach ejected will have to meet with the Principal and the Athletic Director to determine the length of suspension that will accompany the ejection from the event. IHSA rules require a one event suspension; however, Burriss rules will require a minimum of suspension from two events.

All other infractions may result in a one game suspension if the severity of the infraction warrants a suspension. The athlete may appeal this decision to their Coach and Athletic Director.

Profanity- The use of profanity is prohibited. Students, coaches, or sponsors should not use profanity while representing the Owl teams. Use of profanity will result in a disciplinary measure.

Arguing- Student will not argue with any official before, during or after the competition. The officials have the final word.

Leaving the Bench- At no time is a student athlete to leave the bench during a game. A student who leaves the bench will be immediately suspended from the team until a meeting is held with the Athletic Director and Principal. Further disciplinary actions, including extending suspension and removal from the team, will be decided.

Uniforms: Student-athletes are expected to wear their uniforms in the appropriate way as determined by the Athletic Director. Undergarments hanging out and *sagging* will not be tolerated. Uniforms, unless told by the Athletic Director or Coach, are to be turned in to the coach on a designated date selected by the coach. Any athlete who has not turned in all of their uniform items, including equipment bags, will be charged a \$15 late fee upon return. Athletes will be charged the full replacement cost for lost or missing items.

Alcohol/Drug/Tobacco Policy: Burriss' Progressive Discipline Plan is the first line of discipline regarding alcohol, drug or tobacco offenses. Athletic Department may also impose a penalty for an offense. In general, the first offense: The athlete will be suspended for 25% of the season, which may carry over to the following sports season. Second offense: The athlete will be suspended for 50% of the season, which may carry over to the following sports season. Third offense: The athlete will be suspended for 365 days beginning from the day of their offense. Some incidents may be reviewed on a case-by-case basis due to the severity of the infraction.

Academy Extended Weekends: If an event falls over an extended weekend, Academy students are expected to be present. Missing an event will result in a one game suspension. If practice is scheduled to take place over an extended weekend, the student-athlete will not be disciplined for missing practice.

Transportation: All athletes are expected to ride to and from all contests on university transportation provided by the Athletic Department unless no school transportation is provided. A transportation waiver (pg. 17) may be requested as long as waiver form is submitted to Athletic Director at least 24 hours in advance. Submission of a waiver does not guarantee the waiver request will be approved.

Cell Phones: Cell phones are strictly prohibited in the locker room and on team benches. Coaches are authorized to collect cell phones before an athletic contest and not return until end of game or team returns to school.

Social Media: Student-athletes are responsible for all information contained in written or electronic transmissions (i.e. e-mail) and any information posted on a public domain (i.e. Internet, Snapchat, blogs, Facebook, YouTube, Instagram, Twitter, etc.). Inappropriate, embarrassing or disrespectful information or pictures should not be posted in any public domain. Student-athletes are not precluded from participation in online social networks; however, student athletes should be reminded that they serve as representatives of their team, the athletic program and Burriss Laboratory School and the Indiana Academy. Texting, tweeting and uses of other social media to disparage or criticize the team, teammates, other students, opponents, coaches or other school personnel is inappropriate behavior and unbecoming of a Burriss and Indiana Academy student-athlete. Any individual identified on a social media site that depicts illegal or inappropriate behavior will be considered in violation of the school and/or athletic policies and subject to athletic discipline or suspension per policy guidelines. Examples of inappropriate and offensive behaviors concerning participation in online communities may include, but are not limited to, depictions or presentations of the following:

1. Posting photos, videos, comments or posters showing the personal use of alcohol and tobacco (i.e. holding cups, cans, shot glasses, etc.)

2. Posting photos, videos and comments that are of a sexual nature. This includes links to websites of pornographic nature and other inappropriate material.
3. Posting pictures, videos, comments or posters that condone drug related activity. This includes but is not limited to images that portray the personal use of marijuana and other illegal drug paraphernalia.
4. Demeaning other athletes and/or coaches, Burris and Indiana Academy or otherwise.

For your own safety, please keep the following recommendations in mind as you engage in social networking:

1. Set your security setting so that only your friends can view your profile.
2. You should not post your email, home address, local address, telephone number(s) or other personal information as it could lead to unwanted attention, stalking, identity theft, etc.
3. Be aware of who you add as a friend on your site – many people are looking to take advantage of student-athletes or to seek connection with student-athletes.
4. Consider how the above behaviors can be reflected in all social media applications.

Be aware that potential current and future employers and college admissions offices often access information you place on social media sites. You should think about any information you post which could potentially provide an image of you to a prospective employer or school. The information is considered public information. Protect yourself by maintaining a self-image that you can be proud of years from now.

Parent Guidelines

1. Parents need to check to make sure all necessary forms are complete and turned in prior to the first day of practice.

2. Parents need to stay involved with their child's academics by providing a proper place and time to study.
3. Parents need to talk to the athlete about grades received on assignments and tests.
4. An open dialogue between athlete and parent is essential concerning classroom and school behavior.
5. Transportation issues for practice should be dealt with in a timely fashion. Make every attempt to make sure your child is prompt to practice as well as leaving after a practice or a game.
6. Parents should set an example for the athlete in showing respect for the coaches, teammates, opponents, fans, officials, and administrators.
7. Parents should be positive and let their children know that something good is being accomplished simply by being part of a team.
8. Parents should help their children improve their self-esteem by believing in themselves. Any added pressures will only make it more difficult to improve self-image.
9. Parents should encourage their children to work hard and do their best. They should not criticize coaches or offer excuses if their children are not playing.
10. Parents should insist on academic commitment from their children. This means a willingness to do one's best.
11. As spectators, parents are entitled to cheer at sporting events, but should never become belligerent and arrogant towards players, coaches, opponents or officials.
12. Parents should insist that their children exhibit true sportsmanship during athletic contests, and emphasize never embarrassing themselves, their family, team, school or community through an inappropriate act during competition.
13. Parents who are ejected from an Athletic Contest must complete the Sportsmanship course on the NFHS Learn More Center <https://nfhslearn.com/courses/37000/sportsmanship> before attending another home athletic contest.

Appropriate Concerns to Discuss with Coaches:

1. The development of your child, mentally and physically
2. Ways to help your child improve
3. Concerns about your child's behavior

It is very difficult to accept your child not playing as much as you may hope. Coaches make judgment calls based on what they believe is best for the team. As you have seen from the list above, particular things can and should be discussed. However, the list below contains things that must be left to the discretion of the coach.

Issues Not Appropriate to Discuss with Coaches:

1. Team Strategy
2. Play calling
3. Other student-athletes

There are situations that may require a coach/parent conference. These are to be encouraged. It is essential both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the situation:

1. Call to set up an appointment with the coach.
2. If the coach cannot be reached, call the Athletic Director. He will assist in setting a meeting for you.
3. At no time should a meeting between parent and coach to discuss a concern be initiated on the same day as the event.

**DO NOT ATTEMPT TO CONFRONT A COACH BEFORE OR AFTER A
CONTEST/PRACTICE.**

ACKNOWLEDGMENT OF RISKS

When participating in any type of athletic activity, there is always a possibility that an injury can occur. Statistically, an athlete will suffer at least one injury during their athletic career that requires that he or she miss a number of practices and/or games. There are several types of injuries that can force an athlete to miss practices and/or games. Some of the more common injuries that occur in athletics are:

1. strains (stretching or tearing of muscle and tendon tissue),
2. sprains (stretching or tearing of ligaments)
3. contusions (bruises of soft tissue or muscle tissue).

These three types of injuries can vary in their severity. In the case of mild strains, sprains and contusions, the athlete will feel some discomfort but will be able to continue his or her participation in athletics. In severe cases of strains, sprains and contusions, the athlete may miss a large amount of time participating in his or her sport.

Some severe injuries may need to be surgically repaired and require an extended period of physical therapy. Athletes can also experience more serious injuries such as fractures, dislocations, concussions, internal injuries, spinal injuries or death. Fortunately, most of the injuries that occur with athletics are mild strains, and contusions and the athlete misses little or no participation.

It is important to remember that statistically other types of physical activity present a greater risk to its participants than athletics.

Therefore, statistically, athletes are much safer than those who participate in riskier types of physical activity. Athletes can decrease their chance to be injured by following the following guidelines:

1. Use the proper athletic techniques that are taught by the coaches.
2. Condition properly during the preseason and work to stay in condition.
3. Get proper rest and nutrition.
4. Refrain from risky behavior on the athletic field or in the locker rooms.
5. Wear proper fitting protective equipment.
6. Keep all protective equipment in working order.
7. Stay alcohol and drug free.
8. Following coaches' rules and regulations.
9. Maintain proper hydration levels.

Remember that some serious or severe injuries still occur when the athlete follows the above guidelines. However, those who disregard the above guidelines are at greater risk to sustain a serious or severe injury. Athletic participation benefits people by teaching self-esteem, team unity, proper health and fellowship. Most people agree that the benefits of participating in athletics outweigh the risks.

The coaching staff and athletic department at Burriss Laboratory School and the Indiana Academy, want its athletes and parents to understand that there are risks involved with participating in athletics. The coaching staff will continue to teach and practice only those techniques that promote safe participation, but the staff realizes that some athletic injuries will continue to occur. The staff hopes that athletes and parents alike will take the time to learn more about their athletic injuries and how best to avoid them. It will take a "team" effort from coaches, athletes and parents to continue to provide the safe participation for all of those involved. We hope that we can count on your support in this endeavor.

Sports Offered

Fall- Boys Tennis, Boys & Girls Cross Country, Boys & Girls Soccer, and Girls Volleyball

Winter- Boys & Girls Basketball, Boys & Girls Swimming and Cheerleading

Spring- Boys Golf, Boys & Girls Track, Girls Tennis, and Baseball

Please remember, all student athletes must have the following turned in, in order to participate:

-An IHSA physical dated after April 1, 2015

-Handbook agreement

-Concussion forms

-Sudden Cardiac Arrest Form

-Emergency Information Sheet

CONCUSSION INFORMATION SHEET



This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

HOW CAN I SPOT A POSSIBLE CONCUSSION?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just “don’t feel right” after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

SIGNS OBSERVED BY PARENTS OR COACHES

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows mood, behavior, or personality changes.
- Can’t recall events prior to or after a hit or fall.

SYMPTOMS REPORTED BY CHILDREN AND TEENS

- Headache or “pressure” in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not “feeling right,” or “feeling down.”

WHAT ARE SOME MORE SERIOUS DANGER SIGNS TO LOOK OUT FOR?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.

WHAT SHOULD I DO IF MY CHILD OR TEEN HAS A POSSIBLE CONCUSSION?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's health care provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a health care provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider.

HOW CAN I HELP KEEP MY CHILDREN OR TEENS SAFE?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - » Work with their coach to teach ways to lower the chances of getting a concussion.
 - » Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
 - » Ensure that they follow their coach's rules for safety and the rules of the sport.
 - » Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



TO LEARN MORE GO TO >> cdc.gov/HEADSUP

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↳ www.facebook.com/CDCHEADSUP

Content Source: CDC's HEADS UP campaign. Customizable HEADS UP fact sheets were made possible through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).

CONCUSSION EVALUATION AND RELEASE TO PLAY FORM FOR LICENSED HEALTH CARE PROVIDERS

(SECTION ONE: Completed by School Personnel)

Student Name: _____ Date: _____

Sport's Team: _____ Grade: _____ Number of Past Concussions: _____

Brief Description by School Personnel of How Injury Occurred and Why Concussion is Suspected:

(SECTION TWO: Completed by Licensed Health Care Provider)

Per Indiana Code 20-34-7, a student athlete who is suspected of suffering a concussion may not return to play until the student athlete has been evaluated by a **licensed health care provider trained in the evaluation and management of concussions and head injuries** and receives a written clearance to return to play from the health care provider who evaluated the student athlete.

Health Care Provider Name: _____

License Number: _____ Licensing Board: _____

I have evaluated the above mentioned student athlete and the student athlete is:

_____ **NOT** cleared to participate in any sports-related activities (including gym class) until seen for a follow-up exam

_____ Cleared, as of today, to return to all activities, including sports, without restrictions

_____ Cleared to return to all activities, including sports, without restrictions, on the following date* - _____

_____ Cleared to return to sports following the schedule below:

Step 1: May participate in light activity on the following date* - _____
(10 minutes on an exercise bike, walking, or light jogging; but no weight lifting, jumping or hard running)

Step 2: May participate in moderate activity on the following date* - _____
(Moderate intensity activity on an exercise bike, jogging or weight lifting {reduced time and/or weight than normal})

Step 3: May participate in heavy; non-contact physical activity on the following date* - _____
(Sprinting, running, high-intensity exercise bike, and weight lifting; but no contact sports)

Step 4: May return to practice and full contact in a controlled practice setting on the following date* - _____

Step 5: May return to full game play on the following date* - _____

_____ Other – please list:

* Please note that if signs and symptoms of a concussion occur, the student must return to the previous stage and parents must contact the licensed health care provider for instructions.

(Signature of Health Care Provider)

(Date)

CONCUSSION ACKNOWLEDGEMENT AND SIGNATURE FORM
FOR PARENTS AND STUDENT ATHLETES

Student Athlete's Name (Please Print): _____

Sport Participating In (If Known): _____ Date: _____

Due to the new law "Student Athletes: Concussions and Head Injuries" (IC 20-34-7), schools are now required to distribute information sheets to inform and educate student athletes and their parents of the nature and risk of concussion and head injury to student athletes, including the risks of continuing to play after concussion or head injury. The law requires that each year, before beginning practice for an interscholastic or intramural sport, a high school student athlete and the student athlete's parents must be given an information sheet, and both must sign and return a form acknowledging receipt of the information to the student athlete's coach. The law further states that a high school athlete who is suspected of sustaining a concussion or head injury in a practice or game, shall be removed from play at the time of injury and may not return to play until the student athlete has received a written clearance from a licensed health care provider trained in the evaluation and management of concussions and head injuries.

Parent - please read the attached "Heads Up – Concussion in High School Sports – A Fact Sheet for Parents" and ensure that your child has also received and read "Heads Up – Concussion in High School Sports – A Fact Sheet for Athletes". After reading these fact sheets, please sign below and ensure that your child also signs the form. Once signed, have your student athlete return this form to his/her coach.

I am a student athlete participating in the above mentioned sport. I have received and read the Student Athlete Information Fact Sheet. I understand the nature and risk of concussion and head injury to student athletes, including the risks of continuing to play after concussion or head injury.

(Signature of Student Athlete)

(Date)

I, as the parent or legal guardian of the above named student, have received and read the Parent Information Fact Sheet. I understand the nature and risk of concussion and head injury to student athletes, including the risks of continuing to play after concussion or head injury.

(Signature of Parent or Guardian)

(Date)

Sudden Cardiac Arrest Information

Sudden Cardiac Arrest (SCA) is when the heart abruptly and unexpectedly stops beating, resulting in no blood flow to the brain and other vital organs. To understand SCA, it helps to understand how the heart works. The heart has an electrical system that controls the rate and rhythm of the heartbeat. Problems with the heart's electrical system can cause irregular heartbeats called arrhythmias (ah-RITH-me-ahs). There are many types of arrhythmias. During an arrhythmia, the heart can beat too fast, too slow, or with an irregular rhythm. Some arrhythmias can cause the heart to stop pumping blood to the body-these arrhythmias cause SCA.

Sudden Cardiac Arrest is NOT a Heart Attack. A heart attack may cause SCA, but they are not the same thing. A heart attack, also called a myocardial infarction (MI), is caused by a blockage that stops the blood flow to the heart and causes damage to the heart muscle. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

How common is SCA? The Center for Disease Control and Prevention estimate that every year approximately 300,000 out of hospital cardiac arrest occur in the United States, and about 2,000 patients under age 25 die of SCA.

Signs and Symptoms: Although SCA happens unexpectedly, signs and symptoms may include one or more of the following:

- Dizziness or light-headedness
- Fainting
- Fatigue
- Nausea
- Difficulty Breathing
- Fainting (syncope)
- Weakness
- Vomiting
- Chest Pains
- ABNORMAL racing heart or Palpitations

If an athlete experiences any of these symptoms, he/she is to be immediately removed from participation. The athletic trainer will perform an on-site assessment and refer athlete to his/her primary care physician. The evaluating physician must provide written clearance for the athlete to return to play. If the athlete is referred to a cardiologist, the cardiologist must provide written clearance for return to play. The cardiologist also has the final say in any return to play decision.

Risks of continuing to play or practice after experiencing one or more symptoms of SCA.

When the heart stops, oxygenated blood stops flowing to the brain and other vital organs. Death or permanent brain damage can occur in only a few minutes. Most people who have SCA die from it – often within minutes.

Collapse: SCA should be suspected in any athlete who has collapsed and is unresponsive. Airway, breathing, and circulation should be assessed. Heart rhythm should be assessed using an Automated External Defibrillator (AED), a device that sends an electric shock-if needed to the heart to try to restore normal heart rhythm.

Early detection, prompt CPR, rapid activation of Emergency medical Services, and early defibrillation are vital to the athlete's survival. For any athlete who has collapsed and is

unresponsive, an AED should be applied as soon as possible for rhythm analysis and defibrillation if indicated. The greatest factor affecting survival after SCA is the time from arrest to defibrillation.

In an athlete who has collapsed in the absence of trauma, suspicion for sudden cardiac arrest should be high until normal airway, breathing and circulation are confirmed. Agonal respiration or occasional gasping should not be mistaken for normal breathing and should be recognized as a sign of SCA; myoclonic jerking or seizure-like activity shortly after collapse should be treated as SCA until proven otherwise. If no pulse is palpable, the patient should be treated for SCA, and CPR should be initiated.

Can SCA be prevented? Pre-participation screening is one strategy available to prevent SCD, but the best protocol to screen athletes is highly debated, and some methods lack accuracy. As many as 80% of patients with SCA are asymptomatic until sudden cardiac arrest occurs. In 2007, the American Heart Association released a helpful 12-point pre-participation cardiovascular screen for competitive athletes based on the medical history and physical examination.

12-Element AHA Recommendations for Pre-participation Cardiovascular Screening of Competitive Athletes:

Medical/Personal History

1. Exertional chest pain/discomfort
2. Unexplained syncope/near-syncope
3. Excessive exertional and unexplained dyspnea/fatigue, associated with exercise
4. Prior recognition of a heart murmur
5. Elevated systemic blood pressure

Family History:

6. Premature death (sudden and unexplained, or otherwise) before age 50 years due to heart disease, in 1 or more relatives.
7. Disability from heart disease in a close relative less than 50 years of age
8. Specific knowledge of certain cardiac conditions in family members: hypertrophic or dilated cardiomyopathy, long-QT syndrome or other ion channelopathies. Marfan syndrome, or clinically important arrhythmias

Physical Examination

9. Heart murmur
10. Femoral pulses to exclude aortic coarctation
11. Physical stigmata of Marfan syndrome
12. Brachial artery blood pressure (sitting position)

When should a student athlete see a heart specialist/cardiologist?: Upon examination the primary care provider will provide the referral to the pediatric cardiologist.

Please keep at home for your information and return the acknowledgement form to your coach or athletic director on the first day of practice.

As a student athlete who participates in athletics and as the legal parent/guardian, I have read the information material provided by Burriss Laboratory School related to Sudden Cardiac Arrest that may occur during participation in athletic programs and understand the content and warnings/

Student Athlete Signature: _____

Student Athlete Name Printed: _____

Date: _____

Parent/Guardian Signature: _____

Parent/Guardian Printed: _____

Date: _____

By signing these forms and returning them to the athletic department, you are stating that you have read and understand all of the rules in this handbook.

Participant: By signing this paper, you acknowledge that you have **READ AND UNDERSTAND** the rules. You are agreeing to abide by the rules set forth in the manual in order to be, and remain, a part of the Owl Athletic Program.

Parent: As a parent, agree to help have your student-athlete to adhere to the regulations of the Owl Athletic Program in order to be and remain a part of the team at Burriss/Indiana Academy. You also agree to adhere to the parent expectations listed in the handbook.

Athlete _____

Parent/ Guardian _____

Date _____

Sport _____

TRANSPORTATION POLICY TO AND FROM EVENTS

IT IS THE POLICY OF THE BURRIS ATHLETIC DEPARTMENT THAT WHEN A STUDENT RIDES SCHOOL PROVIDED TRANSPORTATION TO AN EVENT, HE/ SHE SHOULD ALSO RIDE THE SAME TRANSPORTATION BACK TO THE SCHOOL.

EXCEPTIONS TO THIS POLICY **WILL NOT** BE MADE, OTHER THAN FOR THE FOLLOWING: MEDICAL EMERGENCY OR URGENT FAMILY NEEDS. FOR ANY MATTER OTHER THAN MEDICAL EMERGENCY, PROPER AUTHORIZATION AND RELEASE MUST BE OBTAINED PRIOR TO THE DATE OF THE EVENT.

I, _____, REQUEST THAT I BE ALLOWED TO TRANSPORT
(PARENT OF ATHLETE)
_____ HOME FROM THE _____
(ATHLETE) (OPPONENT)
ATHLETIC CONTEST SCHEDULED FOR _____. I RELEASE BALL STATE/
(DATE)
BURRIS LABORATORY SCHOOL/ BURRIS ATHLETIC DEPARTMENT FROM ANY AND ALL
LIABILITY IN CONNECTION WITH THIS TRANSPORTATION.

I AGREE TO RELEASE BURRIS SCHOOL, IT'S EMPLOYEES AND OFFICERS AND BALL STATE UNIVERSITY FROM ALL LIABILITIES WITH REFERENCE TO THE OBOVE STATED TRANSPORTATION.

REQUEST REASON:

SIGNATURE OF PARENT DATE

THIS FORM MUST BE ON FILE IN THE ATHLETIC OFFICE PRIOR TO THE DISMISSAL OF SCHOOL ON THE DAY OF THE CONTEST.

APPROVED _____ NOT APPROVED _____
REASONS FOR NON- APPROVAL:

ATHLETIC DIRECTOR DATE

Student Athlete Grade Progress Form

Student: _____ **Date:** _____

Class: _____ **Teacher:** _____

Grade in class: _____

Reason for grade (include attendance, missing assignments, comprehension of assignments/ test and any other relevant information):

Solution for grade improvement:

Check Progress on the following date: _____

Athlete Signature: _____

Coach Signature: _____

Teacher Signature: _____

Parent Signature: _____

Athletic Director Signature: _____

School Fight Song

Sing the Burriss Fight Song loudly and clear!
Classmates and comrades come from far and near!
You bet your boots they do!
And while the team is playing loyal they'll be!
Fighting for Blue and Gold and Victory!
Rah! Rah! Sis boom bah! Burriss High School, Rah! Rah! Rah!
Fight!
Burriss High School Burriss High School!
We are all for you!
We will fight with all our might for colors Gold and Blue!
Rah! Rah! Rah!
Burriss High School! Burriss High School!
Loyal to your name.
Fight Owls, let's Fight, Fight, Fight, and Win this game!
Go! Go Go right In!
Fight, Fight, Fight to Win!
Go Right In! Fight to Win!
Go! Fight! Win!